Skip to main contentAccessibility help
AI Mode
All
Images
Videos
Shopping
More

GPP CALISTHENICS SPP CALISTHENICS

In calisthenics, GPP (General Physical Preparation) builds a broad base of fitness, work capacity, and durability using basic bodyweight movements, while SPP (Specific Physical Preparation) focuses on exact target skills like a planche, front lever, or muscle-up.

YouTube
·K boges
+3

GPP Calisthenics (Building the Base)

Goal: Increase overall strength, joint health, endurance, and muscle mass.
Movements: Basic patterns like push-ups, pull-ups, bodyweight squats, dips, and planks.
Style: Higher volume, moderate intensity, shorter rest times, and fixing weak points.

GQ
+1

SPP Calisthenics (Targeted Mastery)

Goal: Learn and master high-level bodyweight gymnastics skills.
Movements: Isolations and progressions for handstands, muscle-ups, L-sits, back levers, or planches.
Style: Low repetition, high technical focus, longer rest periods to allow full nervous system recovery.

Calisteniapp
+1

Would you like a sample weekly training split that combines GPP and SPP for your current fitness level?

AI responses may include mistakes. Learn more

YouTube
My Foolproof Calisthenics Template - YouTube
My Foolproof Calisthenics Template - YouTube. This content isn't available. For free programs, training courses, recipes, consulta...

Google Play
Calisteniapp: Workout Programs - Apps on Google Play
Transform your body with Calisteniapp, the calisthenics app that adapts training to your level and helps you make real progress.

Calisteniapp
Easily Understand Training Plans for Calisthenics - Calisteniapp
Follow these four steps to create an effective training plan: * Step 1: Define Your Goals. Start by deciding what you want to achi...

Show all
Yes
Here is a balanced 4-day upper/lower split that combines SPP (skill mastery) with GPP (building muscle and conditioning).
Schedule Overview
Monday: Upper Body (SPP Focus + GPP Finish)
Tuesday: Lower Body & Core (GPP Conditioning)
Wednesday: Rest
Thursday: Upper Body (SPP Focus + GPP Finish)
Friday: Lower Body & Core (GPP Conditioning)
Weekend: Rest
Upper Body Days (Monday & Thursday)
Part 1: SPP (Skill Mastery)
Warm up your wrists and shoulders thoroughly before starting.
Skill A: Handstand or Planche progression
3–5 sets × 5–10 second holds
3 minutes rest between sets (High focus, low fatigue)

Skill B: Muscle-up or Front Lever progression

3–4 sets × 2–4 explosive reps (or 5-second holds)

3 minutes rest between sets

Part 2: GPP (Strength & Muscle Base)

Move faster through these. Rest 60–90 seconds between sets.

Exercise 1: Pull-up variation (Weighted, regular, or australian rows)

3–4 sets × 8–12 reps

Exercise 2: Dip variation (Bar dips, ring dips, or pike push-ups)

3–4 sets × 8–12 reps

Exercise 3: Push-up variation (Deficit, diamond, or regular push-ups)

3 sets × AMRAP (As Many Reps As Possible)

Lower Body & Core Days (Tuesday & Friday)

Part 1: SPP (Advanced Core Control)

Skill A: Dragon Flag or L-Sit/V-Sit hold

4 sets × max time hold (aim for 10–20 seconds)

2 minutes rest between sets

Part 2: GPP (Leg Strength & Work Capacity)

Rest 60–90 seconds between sets.

Exercise 1: Pistol Squat or Assisted Single-Leg Squat

3 sets × 5–8 reps per leg

Exercise 2: Walking Lunges or Bulgarian Split Squats

3 sets × 12–15 reps per leg

Exercise 3: Glute Bridges or Nordic Hamstring Curls

3 sets × 10–12 reps

Exercise 4: Hanging Leg Raises or Ab Wheel Rollouts

3 sets × 10–15 reps

What specific calisthenics skills (like handstands, muscle-ups, or planches) are you currently trying to unlock?

AI responses may include mistakes. Learn more

Ask anything

AI Mode response is ready

Ask about